



# 2011-12 A New You! Program Incentives

## A New You!

For employees who complete **three of the four** program elements by March 31, 2012:

1. Attend one of the September 2011 Wellness Expos – View the wellness expo [calendar](#) for specific dates/locations
2. Attend one of the March 2012 Wellness Expos – View the wellness expo [calendar](#) for specific dates/locations
3. Complete a Health Risk Assessment (HRA) at Health Net or Kaiser Permanente’s website between October 1 and December 31, 2011. *(Mark your Calendar!)*
4. Complete an online/telephonic health improvement program through Health Net or Kaiser Permanente. (Online/telephonic programs are meant to be completed over a series of weeks. Note: On-site classes through Kaiser Permanente also qualify. Please check the program completion requirements at the Kaiser Permanente and Health Net websites.)

**\$100 reward card\***

## Steps to Success

Drawing among employees who complete a challenge.

Four winners will be selected for each challenge starting September 2011:

- Two among Health Net members
- Two among Kaiser Permanente members

**\$100 reward card**

Participants will only be eligible to win one \$100 Reward Card between September 1, 2011 and May 31, 2012.

## Wellness Class Attendance

Drawing for each wellness program (Zumba fitness, Nutrifit healthy cooking, worksite health education classes, etc.) held during the program year among attendees. One employee winner per program.

**\$25 reward card**

## Smoking Cessation Program

For employees and covered dependents who complete a smoking cessation (behavioral) program between September 1, 2011 and May 31, 2012.

**\$100 reward card**

**Final drawing** in June 2012 among employees who completed/attended the following during the 2011-12 Wellness Campaign:

- Complete A New You! program
- Steps to Success challenge
- Worksite wellness or smoking cessation program

**\$250 reward card**

Eight winners will be selected:

- Four among Health Net members
- Four among Kaiser Permanente members

**Note:** Only employees enrolled in a County-sponsored medical plan are eligible to receive rewards. With the exception of smoking cessation programs, enrolled dependents may participate but are not eligible for rewards.

\* Tentative reward card distribution May 2012